

## **Shoe Cartridge Cushioning System**

### **Abstract**

The present invention relates to a shoe sole, in particular for a sports shoe, where the sole includes a cartridge cushioning system that includes a load distribution plate arranged in a heel region of the shoe sole, at least one cushioning element for determining the cushioning properties of the shoe sole during the first ground contact with the heel, and at least one guidance element to guide the foot into a neutral position after the first ground contact.

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